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## FAMILY HELP-LINE 1-800-THE KIDS

For more information on parenting and children, visit the New Jersey Task Force on Child Abuse and Neglect on-line at [www.njtaskforcecan.org](http://www.njtaskforcecan.org)

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# April

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April is National Child Abuse Prevention Month.  
Please do what you can to keep every  
child in New Jersey safe from harm.

1 Learn the warning signs of abuse and neglect. Take action if you believe a child's health or safety is in jeopardy. Call 1-877-NJ ABUSE.

2 Daylight Saving Time Begins Longer days mean your children are outside longer. Always know where they are and who they're with.	3 Volunteer with a child abuse prevention program in your community. Call 1-800-THE KIDS.	4 It's tax time! Don't forget to check the Children's Trust Fund box, line 54, on your state tax return to make a tax-deductible donation.	5 If you're a teen parent, it can be stressful to do it alone. Ask for help with child care.	6 Curious about effective parenting skills? Check out the parenting resources at www.pta.org.	7 Children from single-parent homes can benefit from role models. Do you have time to volunteer as a Big Brother or Big Sister?	8 NJ's Safe Haven Law lets parents give up an unwanted infant safely, legally and anonymously. Call the 24/7 hotline at 1-877-839-2339 for more information.
9 Frustrations or concerns about parenting? Create your own support group by calling a friend or relative. Or call 1-800-THE KIDS for a local support group.	10 If you see a child in danger, please step in to help. A toddler alone in a public place, for instance, needs protection until his or her parents are found.	11 Learn how to save a child's life! Sign up for a first-aid and CPR course.	12 Do your children use the Internet? Instruct them to NEVER give personal information—name, address or telephone number—to anyone.	13 First Day of Passover Invite your children to make the day special by helping to plan, cook and serve the holiday meal.	14 Good Friday Holidays are special opportunities to create memories and traditions with your family.	15 Support healthcare for all children. Ideas: Learn about NJ FamilyCare by calling 1-800-701-0710 or visiting www.njfamilycare.org.
16 Easter Let children share in the preparations! They'll love decorating windows, painting eggs or making placecards for guests.	17 Lend a friendly ear when you meet a parent who needs to express the challenges or disappointments of parenting.	18 Post a list of phone numbers of neighbors and relatives your children can call when you have to be away from home.	19 Remind your children never to open the door to strangers or adults they are not comfortable with.	20 Need someone to talk to about the challenges of parenting? Call 1-800-THE KIDS.	21 Teach young children their name, address and phone number as early as possible.	22 Earth Day Will New Jersey's youngsters have clean air and water in the future? For their sake, support conservation and recycling in your community.
23 Build a support network to help with the challenges of parenting.	24 Single parents can expect to feel tired. You have twice as many responsibilities. Call 1-800-THE KIDS if you need support.	25 Post this nationwide, toll-free poison hotline number where you can find it fast: 1-800-222-1222.	26 Before you hire a new sitter for your children, ask for references—and check them.	27 Communicate with the parents of your child's friends to make sure your children's activities are always well supervised.	28 Can you open your home and your heart to a child? Call 1-877-NJ Foster or visit online at www.njfostercare.org.	29 Always keep youngsters within sight when shopping. Hold hands, put them in the cart or let them hold onto the cart with you.
30 "Never doubt that a small group of thoughtful citizens can change the world. Indeed, it is the only thing that has."- Margaret Mead, anthropologist						